



Friday, 09 May 2025

Dear Parents/Carers

Sex and Relationships Education (RSHE)

During this half term, as part of the National Curriculum, we will be covering Sex and Relationship Education (SRE) from years 1-6. We will be following the Jigsaw scheme to plan these lessons using the 'Changing Me' unit. The full overview of Jigsaw is available on the school website.

All of the current Jigsaw PSHE teaching meet the statutory expectations for RSHE. To date, Birch Hill have only taught sex education in Years 5 and 6 . Last year, following a consultation process from the government regarding the teaching of SRE there has been a change to one lesson in Year 4, to focus on the joy that parenting can bring, and the responsibilities involved in this relationship.

The content of the sessions for each year group are as follows:

<p>Year 1</p>	<ul style="list-style-type: none"> • Life cycles of animals and humans • Changes that happen as we grow • Understand growing up is natural and everyone grows at different rates • Identify parts of the body that make boys different to girls • Respect my body and understand which parts are private <p><i>Key vocabulary: penis, testicles, vagina</i></p>
<p>Year 2</p>	<ul style="list-style-type: none"> • Recognise life cycles in nature • Changes outside my control • The process of growing from young to old • Recognise how my body has changed and grown from birth • Differences physical differences between boys and girls • Different types of touch and which are appropriate; how to ask for help <p><i>Key vocabulary: penis, testicles, vagina</i></p>
<p>Year 3</p>	<ul style="list-style-type: none"> • How babies grow inside the uterus and what they need (not conception) • Feelings towards babies • Understand boys' and girls' bodies change on the outside and the inside while growing up • Discuss feelings about changes • Stereotypes about parenting and family roles <p><i>Key vocabulary: womb, puberty, testicles, sperm, penis, ovaries, egg, womb, vagina</i></p>



<p>Year 4</p>	<ul style="list-style-type: none"> • Personal characteristics that come from birth parents. • Responsibilities and joy of parenting. Personal choice and influences. • Changes in a girl's body in order to have a baby including menstruation • Emotional changes in puberty <p><i>Key vocabulary: egg, sperm, menstruation, periods, egg, penis, vagina, womb, sexual intercourse, ovaries, conception, fertilisation</i></p>
<p>Year 5</p>	<ul style="list-style-type: none"> • Understand self-image and develop self-esteem • Changes in boys' and girls' bodies during puberty • Looking after myself physically and emotionally during puberty • Sexual intercourse can lead to conception which is how babies are made • Understand IVF is sometimes needed • The age of consent <p><i>Key vocabulary: egg, sperm, menstruation, semen, testicles, erection, ejaculation, uterus, womb, ovaries, vagina, periods, sexual intercourse, fertilisation, embryo, contraception, IVF</i></p>
<p>Year 6</p>	<ul style="list-style-type: none"> • Develop self-image and self-esteem • Changes during puberty for both boys and girls • How a baby develops from conception through pregnancy • What happens when a baby is born • How being physically attracted to someone changes the nature of the relationship <p><i>Key vocabulary: egg, sperm, menstruation, pubic hair, semen, erection, breasts, ovulation, testicles, vagina, penis, masturbation</i></p>

If you have any concerns over this topic or would like more information, please feel free to contact your child's teacher or the school office. The policy is available on the school website should you wish to read it.

Yours sincerely,

Mr M Dillon

Website Info

<https://birchhill.ovw2.devwebsite.co.uk/page/?title=Relationships%2C+Sex+%26amp%3B+Health+Education+%28RSHE%29+Scheme&pid=651>

